

October-December Fall 2015

Therapeutic Recreation Programming for Individuals with Disabilities

This program is funded through Federal HUD Community Development Block Grant funds to serve predominantly low to moderate income households. Therefore we are required to gather income and demographic information on every registrant. In order to participate, you will be required to additionally complete a CDBG Intake Form and provide us with a copy of your IRS 1040 form prior to participating.

Learn To Swim

Location: Parkway Pool
385 Park Way

#7104.491 Fridays, 4:30-5:30pm
October 2, 9, 16, 23, 30
November 6, 13, 20



Ages: 12+

\$27.00 Resident \$33.00 Non-Resident

Learn to swim with our aquatics instructors! You must be water safe & be able to stand independently in 3-4ft water. Learn swim techniques and water safety skills. Designed for individuals with developmental disabilities. MUST BE INDEPENDENT IN WATER!

Instructor: Aquatic Staff

Fun & Fit Boot Camp

Location: Heritage Community Center
1381 E. Palomar Street

#1105.491 Thursdays, 4:30-5:30pm
October 15, 22, 29
November 5, 12, 19
December 3, 10



Ages: 5+

\$27.00 Resident \$33.00 Non-Resident

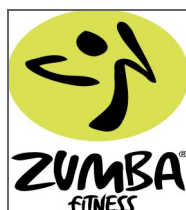
Join us for our version of Boot Camp. This class is designed to build strength and fitness through a variety of intense group intervals in a functional manner! Designed for those with developmental disabilities.

Instructor: Rec Staff

Zumba

Location: Norman Park Center
270 F Street

#4300.491 Wednesdays, 4:00-5:00pm
October 7, 14, 21, 28
November 4, 18
December 2, 9



Ages: 5+

\$27.00 Resident \$33.00 Non-Resident

Dance your way to a fitter you! Zumba is a fusion of Latin and International music creating a party-like atmosphere. Routines are aerobic. Come have fun and go at your own pace. Designed for those with developmental disabilities.

Instructor: Rec Staff

Hoop it Up Basketball

Location: Heritage Community Center
1381 E. Palomar Street

#4202.492 Tuesdays, 4:15-5:05pm
October 6, 13, 20, 27
November 3, 10, 17
December 1



Ages: 5+

\$27.00 Resident \$33.00 Non-Resident

This class concentrates on the fundamentals of basketball basics, hand-eye coordination and body strengthening. This class is for those with little or no basketball background. Designed for those with developmental disabilities.

Instructor: Rec Staff

Pump it Up Fitness

Location: Norman Park Center
270 F Street
#4105.491 Mondays, 3:30-5:00pm
October 19, 26
November 2, 9, 16, 30
December 7, 14



Ages: 15+
\$27.00 Resident \$33.00 Non-Resident

Join us for some exercise and fitness! A chance to meet new friends and learn fun ways to get in shape. Workouts are designed for individuals with developmental and/or physical disabilities.

Instructor: Rec Staff

Super Hero Adventure Party



Cost : FREE **Must register by Friday, October 19th

Location: Heritage Community Center
1381 E. Palomar Street

#9904.491 Friday, October 23rd, 5:30-7:30pm



Ages 5+

Parent's take a night to yourself as participants join in on the ultimate super hero adventure party! It will be an evening of action, adventure, and fun. Refreshments will be served along with raffle prizes. Register Now!

*****Don't forget to wear your Super Hero Costume!**

Jingle Jam

Cost : FREE **Must register by Friday, December 1st

Location: Heritage Community Center
1381 E. Palomar Street

#9905.491 Friday, December 11th, 5:30-7:30pm

Ages 5+

Come join us for The Jingle Jam dance. It will be an evening of dancing to your favorite tunes. Refreshments will be served along with raffle prizes!!



REMINDER: Please register for our Classes in advance www.chulavistaca.gov/rec and bring your IRS 1040 form

Contact: Carmel Wilson, CTRS, Recreation Supervisor III, cwilson@chulavistaca.gov (619) 421-7032
Heritage Park & Community Center, 1381 E. Palomar Street, Chula Vista, CA 91913

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